the cutout. This prevents the torque control **42** from moving upon the rod **30**. Thus the torque control **42** is partially within the channel **76**. The guide **34** and the torque control **42** are fastened together using the holes **48** and conventional fasteners such as rivets. This may require that holes be drilled into the guide and the visor body.

Assembly of the visor using conventional methods will now be discussed. A cover cloth and foundation paper are cut larger than the visor body **26**. The foundation paper and the cover cloth are laid in a butterflied, open position with a symmetric configuration about a centerline fold. The cover cloth is folded along the edges of the foundation paper. The openings for the pin **82** and the mirror are cut, if required, into the cover assembly. The center pin opening is core folded and a sealing aid is applied to the cover assembly. The sealing aid used will depend on the cloth used. In some applications it may not be necessary. The cover assembly is prefolded along the centerline fold, then the visor body is inserted therein. The cover is dielectrically sealed about the visor body. Then the mirror is attached to the visor.

Use of the visor assembly will now be discussed with reference to FIGS. **1**, **6**, and **7**. The visor body **26** is lowered from the stored position to the lowered position and pivoted to the lowered position adjacent the side window **20**.

The visor body **26** can be moved from the lowered retracted position (as shown in FIG. **6**) to the lowered extended position (as shown in FIG. **7**), as illustrated by the arrow A, by moving the visor body **26** away from the A-pillar **18**. Moving the visor body **26** causes the bore **78** to slide along the rod **30**, and the track **84** to slide along the guide **34**. The guide **34** guides the visor body during lateral movement. Since the plastic visor body is in a sliding interface with the plastic rod cover **38**, friction is low and wear is minimized. The visor can be located at various positions along the length of the rod **30** depending on the position of the sun. The projection **86** acts as a stopping means in cooperation with the guide to limit the lateral extension of the visor body by engaging the guide with the vertical wall **110** of the projection.

The principal advantage of the present invention is that the sliding visor provides a simple design which is easy to manufacture and assemble. The design also minimizes vibration and rattling due to sizing the guide and the track such that these phenomenon are minimized. An additional advantage of the present invention is that the only exposed plastic required is that covering the rod. This design also does not require a metal extrusion for the torque control to rest within. This also makes the design versatile so that it can be used with a variety of different size and shape visors.

While a particular invention has been described with reference to illustrated embodiments, various modifications of the illustrative embodiments, as well as additional embodiments of the invention, will be apparent to persons skilled in the art upon reference to this description without departing from the spirit and scope of the invention, as recited in the claims appended hereto. These modifications include, but are not limited to, modifying the shape of the guide and the track. The guide and passageway can be any shape, so long as together the guide and track accomplish the sliding function reliably. The friction provided by these parts should be enough to minimize rattle and excessive movement between these parts. The torque control may be modified so that a simpler or more complex clip is used depending on the application. The formation of the bore in the visor body can be modified so that the alternating arms are not used. This sliding visor concept can be used with any other type of visor construction, such as a two-piece visor body. It is therefore contemplated that the appended claims will cover any such modification or embodiments that fall within the true scope of the invention.

We claim:

1. A sliding sun visor assembly comprising:

a rod assembly including
- a longitudinally extending rod;
- a torque control pivotally attached to said rod, and
- a guide fixed to one surface of said torque control, said guide having a substantially H-shaped cross section; and

a visor body including
- a longitudinally extending bore for receiving said rod, and
- a longitudinally extending track, said track forming a substantially enclosed longitudinally extending passage adjacent one surface of said visor body, said passage being shaped to receive a portion of said guide in a sliding engagement; whereby upon moving the visor body longitudinally along said rod, said track slides relative to said guide

2. The sliding visor assembly of claim **1**, wherein said track includes a first vertical wall extending from said surface of said visor body; a second vertical wall extending from said surface of the visor body, said second vertical wall being spaced from said first vertical wall; and a horizontal wall substantially parallel to said surface of the visor body, said horizontal wall extending between the first and second walls and being spaced from said surface of said visor body such that said passage is formed therebetween, said horizontal wall including a partially longitudinally extending slot.

3. A sliding sun visor assembly comprising;

a rod assembly including a longitudinally extending rod, a torque control pivotally attached to said rod, and a guide fixed to one surface of said torque control; and

a visor body including a longitudinally extending bore for receiving said rod, and a longitudinally extending track, said track forming a substantially enclosed longitudinally extending passage adjacent one surface of said visor body, said passage being shaped to receive a portion of the guide in a sliding engagement whereby upon moving said visor body longitudinally along said rod, said track slides relative to said guide, said track further including a first vertical wall extending from said surface of said visor body, a second vertical wall extending from said surface of said visor body, said second vertical wall being spaced from said first vertical wall, and a horizontal wall substantially parallel to said surface of said visor body, said horizontal wall extending between said first and second walls and being spaced from said surface of said visor body such that said passage is formed therebetween, said horizontal wall including a partially longitudinally extending slot.

4. A sliding sun visor assembly comprising:

a rod assembly including a longitudinally extending rod, a torque control pivotally attached to said rod, and a guide fixed to one surface of said torque control; and

a visor body including a longitudinally extending bore for receiving said rod, and a longitudinally extending track, said track forming a substantially enclosed longitudinally extending passage adjacent one surface of the visor body, said passage being shaped to receive a portion of the guide in a sliding engagement whereby

upon moving said visor body longitudinally along said rod, said track slides relative to said guide, said guide further including a first leg coupled to said torque controls, a second leg, and a cross bar joining said first leg to said second leg, such that said legs are spaced and parallel to one another, wherein upon assembly said second leg is received within said passage and said cross bar extends through a slot formed within said track.

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